

## Hall Park PE Seven Year Overview



Hall Park  
Academy

MyPB will run through all year groups throughout the 7 years at Hall Park.

The main themes are

- **This is ME – Believing in Myself**
- **Social ME – understanding and working with others**
- **Thinking ME – thinking rationally and imaginatively**

The table below shows what activities pupils will cover over the course of each year, note some activities might change their order due to facility restrictions.

## YEAR 7

		HT1	HT2	HT3	HT4	HT5	HT6	Skills / knowledge	NC link
<b>Group A</b>	300 min Core movement skills	Badminton <b>MyPB: 1.4 integrity</b>	Rugby <b>My PB: 1.5 self management</b>	Dance / urban sports <b>MyPB: 3.1 innovation</b>	Team building / OAA <b>MyPB: 1.4 integrity</b>	Handball <b>MyPB: 1.2 responsibility</b>	Striking & fielding <b>MyPB: 2.1 &amp; 2.2 Communication</b>	<p><b>Skills</b> in an isolated situation e.g. practice / drills</p> <p><b>Knowledge</b> of what <b>MyPB</b> is, understand the key terms covered. Understand how these can be applied into PA</p> <p><b>Knowledge</b> of what the key skills are in the sport and the <b>technique</b> that should be used. Begin to look at tactics within the sport.</p>	<p><b>Opportunity for developing confidence, in PA and health /fitness. Team &amp; individual sports</b> (football, netball, badminton, table tennis, basketball)</p> <p><b>Other competitive sports</b> (gymnastics, athletics)</p> <p><b>OAA, team building, problem solving</b> (OAA &amp; team building)</p> <p><b>Analyse performance vs Personal best</b> (MyPB themes, athletics, leadership, gymnastics, OAA etc)</p> <p><b>Perform dances using advanced dance techniques within a range of dance styles and forms</b></p> <p><b>Developing techniques in competitive sports.</b> (range of extra-curricular activities, we hold competition weeks throughout term)</p>
		Healthy body & mind <b>MyPB: 1.1 resilience</b>	Hockey <b>MyPB: 1.1 resilience</b>	Basketball <b>MyPB: 2.5 motivating &amp; influencing others</b>	Table tennis <b>MyPB: 1.1 resilience</b>	Vaulting gymnastics <b>MyPB: 3.2 evaluation</b>	Athletics games <b>MyPB: 3.2 evaluation</b>		
<b>Group B</b>	General introduction to MyPB	Healthy body & mind <b>MyPB: 1.1 resilience</b>	Dance / Cheerleading <b>MyPB: 3.1 innovation</b>	Football / futsal <b>MyPB: 2.4 empathy</b>	Basketball <b>MyPB: 2.5 motivating &amp; influencing others</b>	Artistic gymnastics <b>MyPB: 3.2 evaluation</b>	Athletics games <b>MyPB: 3.2 evaluation</b>		
		Badminton <b>MyPB: 1.4 integrity</b>	Netball <b>MyPB: 1.3 self motivation</b>	Hockey <b>MyPB: 1.1 resilience</b>	Team building / OAA <b>MyPB: 1.4 integrity</b>	Handball <b>MyPB: 1.2 responsibility</b>	Striking & fielding <b>MyPB: 2.1 &amp; 2.2 Communication</b>		

## YEAR 8

	HT1	HT2	HT3	HT4	HT5	HT6	Skills / knowledge	NC link
<b>Group A</b>	Badminton  <b>MyPB:</b> <b>2.3</b> <b>collaboration</b>	Rugby  <b>My PB:</b> <b>1.5</b> <b>self</b> <b>management</b>	Dance / urban sports  <b>MyPB:</b> <b>3.1</b> <b>innovation</b>	Team building / OAA  <b>MyPB:</b> <b>1.4 integrity</b>	Handball  <b>MyPB:</b> <b>3.1</b> <b>innovation</b>	Striking & fielding  <b>MyPB:</b> <b>2.1 &amp; 2.2</b> <b>Communication</b>	<p><b>Skills</b> in a more pressurised game situation – ensure through both practice and game</p> <p><b>Knowledge</b> of how can the MyPB targets help us in our future e.g. in our chosen career.</p> <p>A more in <b>depth Knowledge</b> of what the key skills are in the sport and the <b>technique</b> that should be used. Key skills will be more advance than at Year 7. Look at more tactics within the sport</p>	<p><b>Strategies and tactics through team and individual games. Develop their technique in dance styles and forms.</b></p> <p><b>Opportunity for developing confidence, in PA and health /fitness.</b></p> <p><b>Team &amp; individual sports</b> (football, netball, badminton, table tennis, basketball)</p> <p><b>Other competitive sports</b> (gymnastics, athletics)</p> <p><b>OAA, team building, problem solving</b> (OAA &amp; team building and leadership lessons)</p> <p><b>Analyse performance vs Personal best</b> (MyPB themes, athletics, leadership, gymnastics, OAA etc)</p> <p><b>Developing techniques in competitive sports.</b></p> <p>(range of extra-curricular activities, we hold competition weeks throughout the term)</p>
	Healthy body & mind  <b>MyPB:</b> <b>1.1 resilience</b>	Hockey  <b>MyPB:</b> <b>1.1 resilience</b>	Basketball  <b>MyPB: 2.5</b> <b>motivating &amp; influencing others</b>	Table tennis  <b>MyPB:</b> <b>1.1 resilience</b>	Vaulting gymnastics  <b>MyPB: 3.2</b> <b>evaluation</b>	Athletics games  <b>MyPB: 3.2</b> <b>evaluation</b>		
<b>Group B</b>	Healthy body & mind  <b>MyPB:</b> <b>1.1 resilience</b>	Dance / Cheerleading  <b>MyPB:</b> <b>3.1</b> <b>innovation</b>	Football / futsal  <b>MyPB: 2.4</b> <b>empathy</b>	Basketball  <b>MyPB: 2.5</b> <b>motivating &amp; influencing others</b>	Artistic gymnastics  <b>MyPB:</b> <b>3.1</b> <b>innovation</b>	Athletics games  <b>MyPB: 3.2</b> <b>evaluation</b>		
	Badminton  <b>MyPB:</b> <b>2.3</b> <b>collaboration</b>	Netball  <b>MyPB: 1.5</b> <b>self</b> <b>management</b>	Hockey  <b>MyPB:</b> <b>1.1 resilience</b>	Team building / OAA  <b>MyPB:</b> <b>1.4 integrity</b>	Handball  <b>MyPB:</b> <b>3.1</b> <b>innovation</b>	Striking & fielding  <b>MyPB:</b> <b>2.1 &amp; 2.2</b> <b>Communication</b>		
<b>Group C</b>	Football / futsal  <b>MyPB: 2.4</b> <b>empathy</b>	Badminton  <b>MyPB:</b> <b>2.3</b> <b>collaboration</b>	Handball  <b>MyPB:</b> <b>3.1</b> <b>innovation</b>	Netball  <b>MyPB: 1.5 self</b> <b>management</b>	Vaulting gymnastics  <b>MyPB: 3.2</b> <b>evaluation</b>	Athletics games  <b>MyPB: 3.2</b> <b>evaluation</b>		
	Team building / OAA  <b>MyPB:</b> <b>1.4 integrity</b>	Basketball  <b>MyPB: 2.5</b> <b>motivating &amp; influencing others</b>	Healthy body & mind  <b>MyPB:</b> <b>1.1 resilience</b>	Dance / urban sports  <b>MyPB:</b> <b>3.1</b> <b>innovation</b>	Table tennis  <b>MyPB:</b> <b>1.4 Integrity</b>	Striking & fielding  <b>MyPB:</b> <b>2.1 &amp; 2.2</b> <b>Communication</b>		

## YEAR 9

	HT1	HT2	HT3	HT4	HT5	HT6	Skills / knowledge	NC link
Group A	Badminton  <b>MyPB: 2.3 collaboration</b>	Hockey  <b>MyPB: 1.1 resilience</b>	Team building / OAA  <b>MyPB: 1.4 integrity</b>	Basketball  <b>MyPB: 2.5 motivating &amp; influencing others</b>	Handball  <b>MyPB: 3.1 innovation</b>	Striking & fielding - rounders  <b>MyPB: 2.1 &amp; 2.2 Communication</b>	Continue to follow KS3 with some KS4 NC curriculum – bridging year  Skills in pressurised full game situations	Continue to follow KS3 with some KS4 NC curriculum – bridging year  Analyse performance & demonstrate improvement to achieve PB Develop & improve performance in competitive sports
	Healthy body & mind  <b>MyPB: 1.1 resilience</b>	Table tennis  <b>MyPB: 1.1 resilience</b>	Football / futsal  <b>MyPB: 2.4 empathy</b>	Rugby  <b>MyPB: 2.5 motivating &amp; influencing others</b>	Striking & fielding - rounders  <b>MyPB: 2.1 &amp; 2.2 Communication</b>	Athletics games  <b>MyPB: 3.2 evaluation</b>		
Group B	Netball  <b>MyPB: 1.5 self management</b>	Healthy body & mind  <b>MyPB: 1.1 resilience</b>	Badminton  <b>MyPB: 2.3 collaboration</b>	Team building / OAA  <b>MyPB: 1.4 integrity</b>	Striking & fielding - cricket  <b>MyPB: 2.1 &amp; 2.2 Communication</b>	Athletics games  <b>MyPB: 3.2 evaluation</b>	<p><b>Knowledge</b> of how can the MyPB targets help you in your studies and around Hall Park site</p> <p>A more in <b>depth Knowledge</b> of what the advanced key skills are in the sport and the <b>technique</b> that should be used. Key skills will be more advance than at Year 7. Understand / know the tactics and strategies are applied in a game.</p>	<p><b>Opportunity for developing confidence, in PA and health /fitness. Team &amp; individual sports</b> (football, netball, badminton, table tennis, basketball, tchoukball, handball, dodgeball)</p> <p><b>Other competitive</b> sports (gymnastics, athletics)</p> <p><b>OAA, team building, problem solving</b> (OAA &amp; team building and leadership lessons)</p> <p><b>Analyse performance vs Personal best</b> (MyPB themes, athletics, leadership, gymnastics, OAA etc)</p> <p><b>Developing techniques in competitive sports.</b> (range of extra-curricular activities, we hold competition weeks throughout the term)</p>
	Basketball  <b>MyPB: 2.5 motivating &amp; influencing others</b>	Hockey  <b>MyPB: 1.1 resilience</b>	Target games – archery & boccia  <b>MyPB: 3.2 evaluation &amp; 1.5 self management</b>	Football / futsal  <b>MyPB: 2.4 empathy</b>	Handball  <b>MyPB: 3.1 innovation</b>	Striking & fielding - rounders  <b>MyPB: 2.1 &amp; 2.2 Communication</b>		
Group C	Vaulting gymnastics  <b>MyPB: 3.2 evaluation</b>	Badminton  <b>MyPB: 2.3 collaboration</b>	Healthy body & mind  <b>MyPB: 1.1 resilience</b>	Netball  <b>MyPB: 1.5 self management</b>	Football / futsal  <b>MyPB: 2.4 empathy</b>	Handball  <b>MyPB: 3.1 innovation</b>		
	Team building / OAA  <b>MyPB: 1.4 integrity</b>	Basketball  <b>MyPB: 2.5 motivating &amp; influencing others</b>	Table tennis  <b>MyPB: 1.4 integrity</b>	Dance / urban sports  <b>MyPB: 3.1 innovation</b>	Athletics games  <b>MyPB: 3.2 evaluation</b>	Striking & fielding - rounders  <b>MyPB: 2.1 &amp; 2.2 Communication</b>		

## YEAR 10

	HT1	HT2	HT3	HT4	HT5	HT6	Skills / knowledge	NC link
GCSE / uppergroup A	Athletics	Netball	Basketball	Handball	Table tennis	Athletics	<p>Strategies and tactics within full size pressurised games or conditioned games</p> <p><b>Knowledge</b> of how can the MyPB targets help you in your <b>daily life</b></p>	<p>Tactics and strategies in individual and team games. Develop technique &amp; improve performance.</p> <p><b><i>Pupils to tackle complex and demanding physical activities. Range of activities to promote personal fitness and healthy active lifestyle.</i></b></p>
Group 2	Healthy body & mind <b>MyPB: 1.3 self motivation</b>	Table tennis <b>MyPB: 1.3 self management and 1.5 self motivation</b>	Sports leaders <b>MyPB: 1.3 self motivation and 2.3 collaboration</b>	Option block <b>MyPB: 3.2 evaluation and 1.3 self management</b>	Sports leaders <b>MyPB: 1.3 self motivation and 2.3 collaboration</b>	Sports leaders <b>MyPB: 1.3 self motivation and 2.3 collaboration</b>	<p>A more in <b>depth Knowledge</b> of how techniques can be used and the correct selection of technique dependent upon the situation.</p>	<p><b><i>Tactics &amp; strategies to outwit: (Team &amp; individual sports)</i></b> (football, badminton, table tennis, basketball, tchoukball, handball, dodgeball)</p> <p><b><i>Other competitive sports</i></b> (athletics) <b><i>OAA, team building, problem solving</i></b> (OAA &amp; team building and leadership lessons)</p>
Group 3	Hockey <b>MyPB: 1.1 resilience</b>	Option block <b>MyPB: 3.2 evaluation and 1.3 self management</b>	Option block <b>MyPB: 3.2 evaluation and 1.3 self management</b>	Striking and fielding <b>MyPB: 2.5 motivating &amp; influencing others</b>	Badminton <b>MyPB: 2.3 collaboration</b>	Athletics games <b>MyPB: 3.2 evaluation</b>	<p>Understand / know the basic, some advanced tactics / strategies – and how these are applied in a game.</p>	<p><b><i>Analyse performance vs Personal best</i></b> (MyPB themes, athletics, leadership, OAA etc)</p> <p><b><i>Take part regularly in competitive sports.</i></b> (range of extra-curricular activities, we hold competition weeks throughout the term)</p>

## YEAR 11

	HT1	HT2	HT3	HT4	HT5	HT6	Skills / knowledge	NC link
<b>Group A</b>	Athletics	Table tennis	Netball	Handball	Moderation ready		<p>Strategies and tactics within full size pressurised games or conditioned games</p> <p><b>Knowledge</b> of how can the MyPB targets help you in future e.g. in your <b>chosen career</b></p> <p>A more in <b>depth Knowledge</b> of how techniques can be used and the correct selection of technique dependent upon the situation. Understand / know the basic, some advanced tactics / strategies – and how these are applied in a game</p>	<p>Tactics and strategies in individual and team games. Develop technique &amp; improve performance.</p> <p><b><i>Pupils to tackle complex and demanding physical activities. Range of activities to promote personal fitness and healthy active lifestyle.</i></b></p> <p><b><i>Tactics &amp; strategies to outwit: (Team &amp; individual sports)</i></b> (football, badminton, table tennis, basketball, tchoukball, handball, dodgeball) <b><i>Other competitive</i></b> sports (athletics) <b><i>OAA, team building, problem solving</i></b> (OAA &amp; team building and leadership lessons) <b><i>Analyse performance vs Personal best</i></b> (MyPB themes, athletics, leadership, OAA etc) <b><i>Take part regularly in competitive sports.</i></b> (range of extra-curricular activities, we hold competition weeks throughout the term)</p>
<b>Group B</b>	Basketball <b>MyPB: 2.5 motivating &amp; influencing others</b>	Tag rugby <b>MyPB: 1.4 integrity</b>	Football / futsal <b>MyPB: 1.4 integrity</b>	Option block <b>MyPB: evaluation and self management</b>	Option block <b>MyPB: evaluation and self management</b>			
<b>Group C</b>	Basketball <b>MyPB: 2.5 motivating &amp; influencing others</b>	Football / futsal <b>MyPB: 1.4 integrity</b>	Dodgeball / handball <b>MyPB: 1.2 responsibility</b>	Table tennis <b>MyPB: 1.3 self management and 1.5 self motivation</b>	Option block <b>MyPB: evaluation and self management</b>			
<b>Group D</b>	Team building / OAA <b>MyPB: 2.2 Communication and 1.2 responsibility</b>	Badminton <b>MyPB: 2.3 collaboration</b>	Studio you / dance fit <b>My PB 1.1 resilience 1.3 self motivation</b>	Dance – yoga / pilates <b>MyPB: 1.1 resilience</b>	Option block <b>MyPB: evaluation and self management</b>			

## GCSE YEAR 10

	HT1	HT2	HT3	HT4	HT5	HT6	Skills / knowledge
<b><u>Theory</u></b>	<p style="text-align: center;">Fitness Components</p> <p style="text-align: center;">Engagement Patterns Factors Affecting Participation</p>	<p style="text-align: center;">Fitness Components</p> <p style="text-align: center;">Commercialisation</p>	<p style="text-align: center;">Principles of Training</p> <p style="text-align: center;">Commercialisation</p>	<p style="text-align: center;">Skeleton</p> <p style="text-align: center;">Ethics</p>	<p style="text-align: center;">Muscles</p> <p style="text-align: center;">Sports Psychology</p>	<p style="text-align: center;">Cardiovascular system</p> <p style="text-align: center;">Written coursework</p>	<p><b>Skills across both papers:</b></p> <p>Apply knowledge to specific exam questions</p> <p>Understand and decipher exam questions</p> <p>Begin to apply key cross-curricular terminology</p> <p>Use and apply practical examples to show greater depth in examinations</p>
<b><u>Practical</u></b>	Athletics	Netball	Basketball	Handball	Table tennis	Athletics	<p>Be able to adapt skills to suit varying competitive situations</p> <p>Apply tactics to outwit opponents</p> <p>Develop the physical attributes required for each sport</p> <p>Completion of log books</p>

## GCSE YEAR 11

	HT1	HT2	HT3	HT4	HT5	Skills / knowledge
<u>Theory</u>	<p>Cardiovascular/ Respiratory system</p> <p>Coursework</p>	<p>Respiratory system</p> <p>Coursework</p>	<p>Effects of Exercise</p> <p>Health fitness and well being</p>	<p>Movement analysis</p>	<p>Revision / exam ready</p>	<p><b>Skills across both papers:</b></p> <p>Apply knowledge to specific exam questions</p> <p>Understand and decipher exam questions</p> <p>Apply key cross-curricular terminology specific to analyse and compare questions</p> <p>Use and apply practical examples to show greater depth in examinations</p> <p>Apply knowledge of both papers to synoptic questions</p>
<u>Practical</u>	<p>Athletics</p>	<p>Table Tennis</p>	<p>Netball</p>	<p>Handball</p>	<p>Moderation Preparation</p>	<p>Understand the moderation process</p> <p>Apply tactics to outwit opponents</p> <p>Develop the physical attributes required for each sport</p> <p>Completion of log books</p>



## YEAR 12/13

	HT1	HT2	HT3	HT4	HT5	HT6	Skills / knowledge
<u>Theory</u>	Muscular skeletal system	Muscular skeletal system	Cardiovascular/ respiratory system	Cardiovascular/ respiratory system	Environmental Effects	Diet and Nutrition Ergogenic aids	<b>Skills across both papers:</b> Apply knowledge to specific exam questions  Understand and decipher exam questions  Apply key cross-curricular terminology specific to analyse and compare questions  Use and apply practical examples to show greater depth in examinations  Apply knowledge of both papers to synoptic questions
	Skill acquisition	Skill acquisition	Skill acquisition	Skill acquisition	Skill acquisition	Skill acquisition	
	Contemporary issues	Commercialisation & Media	Routes to Sporting Excellence	Modern Technology in Sport	Global Sporting Events	Global Sporting Events	
	Injury in Sport	Preparation and training methods	Energy in exercise	Biomechanics	Biomechanics		
	Personality & Attitudes	Motivation & Attribution	Aggression Groups & Teams	Audience Effects	Confidence & Stress management		
	Sport in Pre-Industrial Britain	Sport in Post-Industrial Britain	Sport in 20 <sup>th</sup> Century Britain	Shaping Sport in the 21 <sup>st</sup> Century			
<u>Practical</u>	Gathering theoretical knowledge to apply to EAPI Performing competitively outside of school in chosen practical activity						Understand the moderation process  Apply tactics to outwit opponents  Develop the physical attributes required for each sport  Completion of log books  Applying key theoretical content to own sporting performance

## Curriculum Intent - Core PE (Year 7 to 11)

Our curriculum for core PE at Hall Park Academy is designed to equip all students to **develop a range of skills** and knowledge through a **broad offer** of physical activities (we will ensure **no students will be disadvantaged** by our offer e.g. **SEND, PP, EAL**). This offer is enriched further through **extra-curricular** physical activity for both participation and competition outcomes.

### **We cover the three pillars of the PE curriculum:**

- Motor competence – pupils will develop movement patterns, skills for physical activity.
- Knowledge (rules, strategies and tactics) – pupils will develop knowledge of rules, strategies and tactics and show them being implemented in specific context.
- Healthy participation – pupils will demonstrate safe practice in participation, and recall key points for healthy participation.

Our curriculum is designed around **twelve MyPB** targets which have three key strands:

- Thinking ME – Developing young people's thinking creative and problem-solving skills – and an entrepreneurial spirit
- Social ME – Understanding and working with others
- This is ME - raising aspirations while developing young people's personal skills and behaviours

Students have the opportunity to study and develop these over five years of core PE. There will be **memory and recall opportunities** throughout the 5 years both for these key targets and also physical skills which students cover. These skills will lead our students to long term success and happiness beyond the Academy.

Each year the MyPB targets will link to theme to allow students to understand and appreciate how **physical activity can help improve / develop key skills use in other areas of their life:**

- In Year 7 students understand what the MyPB targets are and how these can be used in physical activity.
- In Year 8 and 11 students will consider how these skills help in their chosen career pathways,
- In Year 9 students will consider how these skills help in their studies and around the Hall Park site,
- In Year 10 students will consider these skills being useful in their everyday lives.

Throughout the five years of core PE, an understanding of how physical activity contributes to lifelong fitness, well-being and health underpins our curriculum and extra-curricular provision and enables our students to confidently remain active into adulthood.

Students will **develop literacy** through a range of key terminology to improve their knowledge / understanding of physical activity and compliments their learning in other subjects across the school.